

# Baingan Bharta Recipe (Eggplant Bharta)

Indian baingan bharta made with grilled eggplants, spices, onions, tomatoes and coriander leaves. This super flavorful dish is easy and is great to serve as a side dish. It goes well with roti, rice or even with bread.



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Prep Time	Cook Time	Total Time
15 mins	20 mins	35 mins

Servings: 2    Author: [Swasthi](#)

## Ingredients

### To Grill

- 500 grams (1.1 lbs.) eggplants (baingan)
- 4 medium garlic cloves
- 1 to 2 green chilies (slit, adjust to taste)
- 1 teaspoon oil (mustard oil or any other)

### other ingredients

- 1½ tablespoons oil (mustard oil or any other)
- ½ cup (130 grams) onions (chopped)
- ¾ cup (200 grams) tomato (deseeded & chopped)
- 3 large garlic cloves (fine chopped)
- ½ to ¾ inch ginger (fine chopped)
- ½ teaspoon Kashmiri red chilli powder (adjust to taste)
- ¼ to ½ teaspoon [garam masala](#) (start with lower amount, read notes)
- ¾ teaspoon salt (adjust to taste)
- 2 tablespoon coriander leaves (fine chopped)

## Instructions

### Preparation

1. Rinse eggplants well under running water and wipe dry with a kitchen tissue. Make 4 slits on the brinjal and push the garlic cloves deep inside 2 slits. Also push the slit green chilies in the other 2 slits. Brush them with oil.

## Grill Eggplants

1. **On Direct Fire:** With the help of a tong, place it on direct fire. You can do it either on the red hot coal or stovetop. Keep turning it to all the other sides and grill until it is done completely roasted & cooked through. It takes about 12 to 14 mins.
2. **To grill in oven:** Line a metal tray with foil. Cut each eggplant to 2 parts and place them on the tray with the skin side on top. You can also place the tomatoes in the same tray. Broil/Grill them at 460 F or 240 C for 16 to 20 mins.
3. **In air fryer:** Place baingan, chilies, garlic and tomatoes in the air fryer basket. Air fry at 400 F or 200 C. It takes roughly about 22 mins for the whole eggplant, 16 mins if you halve the eggplant & air fry.
4. Once done, check by inserting a fork into the eggplant. It should go in smoothly & easily meaning it is soft and cooked well. (Check step-by-step photos above)
5. Cool the eggplant and peel the skin. **Optionally** - Transfer the eggplant to a bowl and cover it for 5 mins. Once done remove the skin.
6. Mash or chop the eggplant, grilled garlic and green chilies. Keep these aside. Peel and chop the tomatoes, onions and raw garlic as well.

## How to Make Baingan Bharta

1. Pour oil to a hot pan. When the oil turns hot, add chopped ginger and garlic. Saute for 30 to 60 seconds until aromatic.
2. Stir in the chopped onions and saute until they turn light golden, for 6 to 7 mins.
3. Add tomatoes and salt. Cook until they become soft for 5 to 6 mins. Add red chili powder and cook for a few minutes until the raw smell from the tomatoes is gone, for 1 to 2 mins.

4. Stir in the mashed eggplants, garlic and green chilies. (You may want to save half of the green chilies for later after taste testing)
5. Mix and mash it a bit to blend well. Saute for 7 to 8 minutes on a medium heat & stir in the garam masala if using. Turn off the stove.
6. Taste test and add more salt and green chili if required. Garnish with coriander leaves. If you like squeeze some lemon juice.
7. Serve baingan bharta with roti, rice or naan.

## Nutrition

Calories: 243kcal | Carbohydrates: 30g | Protein: 5g | Fat: 14g | Saturated Fat: 1g | Sodium: 973mg | Potassium: 1000mg | Fiber: 11g | Sugar: 15g | Vitamin A: 1081IU | Vitamin C: 39mg | Calcium: 88mg | Iron: 2mg

Baingan Bharta Recipe (Eggplant Bharta) <https://www.indianhealthyrecipes.com/baingan-bharta/>

